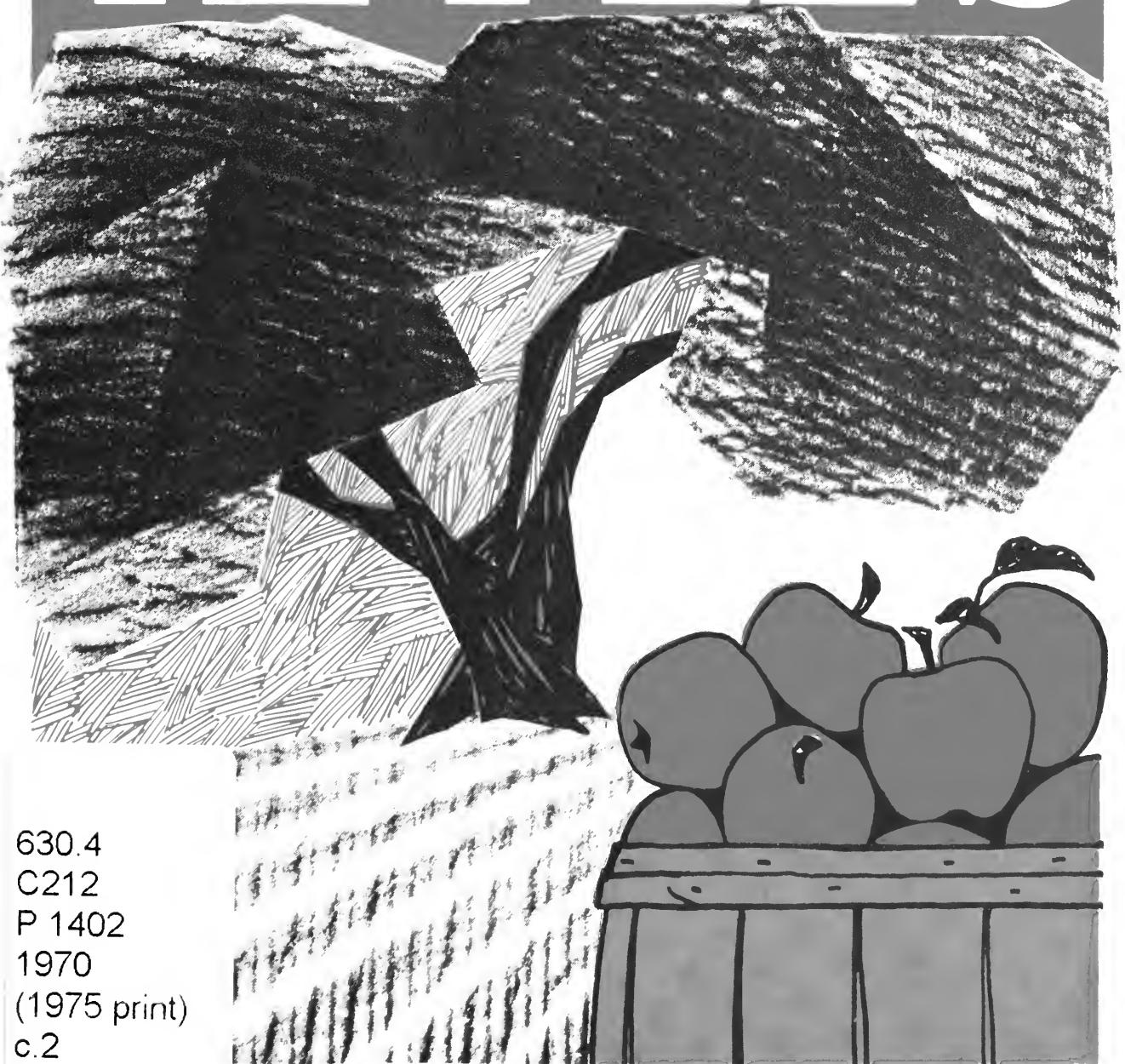


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APPLES



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APPLES

For genuine eating pleasure no fruit can equal the Canadian apple, our national fruit. In it, nature has achieved a masterpiece – beauty of form and color, appetizing aroma, crisp juicy texture and delicate flavor.

Canada's climate is especially suited to the growing of apples. The four main producing areas are: British Columbia, Ontario, Quebec and Nova Scotia. Through constant study and scientific development, great strides have been made in the apple industry. New varieties of apples have been developed, new sprays for controlling insects have been perfected and storage methods have been improved, extending the fresh apple season by many months.

Apples have a wider variety of uses than most other fruits. They can be served with any course, raw or cooked, hot or cold and are available in many forms – fresh, canned, frozen and dried.

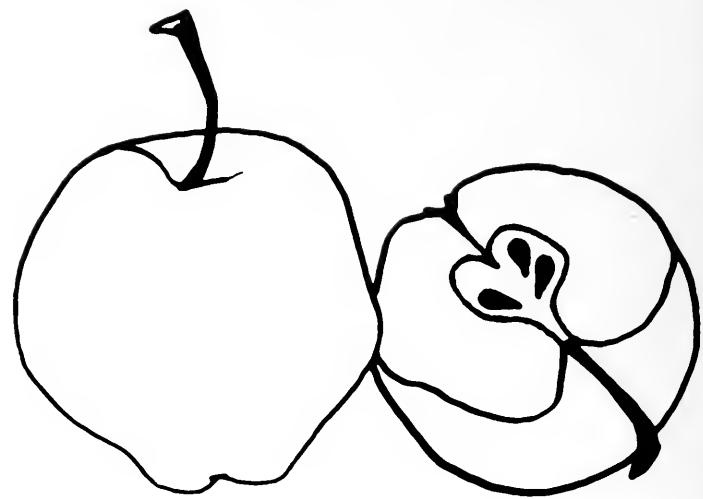
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GRADING

Most apples are sold according to grade. Apples marked with the "Canada" grade name meet federal government standards. This grading is required when apples are shipped from province to province. Canada Extra Fancy and Canada Fancy apples are attractively colored; they must have a certain amount of color typical of the variety. The apples are mature and well shaped with minimal skin defects. They are also sized or packed by count. Apples of these grades are most desirable for dessert.

Canada Commercial, or Canada "Cee" grade apples may not have as good coloring as the above grades. They may be misshapen and have certain designated defects within definite limits, such as apple scab, insect injury or hail marks. This grade of apples is satisfactory for cooking, where shape, size and color are not so important.

The minimum diameter for any grade is $2\frac{1}{4}$ inches or, in some provinces, 2 inches if the apples have Extra Fancy coloring.

STORAGE

Although cold storage has always been the main method for storing apples commercially, controlled atmosphere storage is now used for most of the popular varieties, for example, Delicious, Winesap and McIntosh. With this method the storage temperature, humidity and composition of the air are controlled so that apples "sleep," or respire, as slowly as possible. As a result, apples having the characteristics of freshly picked fruit are available throughout the year.

At home, you should store ripe apples in perforated plastic bags or in the crisper of the refrigerator, to maintain proper humidity and prevent absorption of other food flavors. Store baskets of apples in a cool room ($32\text{-}40^{\circ}\text{F}$) and cover with perforated plastic.

FREEZING

You may freeze raw apples for pies and puddings. Choose firm, mature apples that do not brown readily; wash, peel, core and slice. To prevent discoloration, use $\frac{1}{8}$ teaspoon powdered or crystalline ascorbic acid (Vitamin C) or 400 milligrams in tablet form for 2 cups prepared fruit; dissolve ascorbic acid in 2 tablespoons cold water, sprinkle over fruit in bowl and mix gently. To sweeten, add 2 tablespoons sugar for each 2 cups apples and mix lightly to coat pieces. Applesauce, prepared in the usual way, also may be frozen.

PACKAGING

1 bushel weighs about 45 pounds

1 Handi-Pack box holds about 20 pounds

6-quart basket holds about 7 pounds

4-quart basket holds about 5 pounds

3-pound package contains about 9 medium apples

1 pound equals about 3 medium apples

Apples are sold mostly in 3-, 5- or 10-pound plastic bags, 4- or 6-quart baskets, half-bushel or bushel baskets, and in boxes or cartons. The container must be marked with the name and address of the packer or shipper, grade, variety and size of apples. Apples repacked for retail sale are subject to provincial legislation, which varies by provinces.

FOOD VALUE

When apples are eaten in generous quantities they make an important contribution to the diet. The sugar in the fruit is ready for immediate absorption to supply the body with energy. Apples also provide stimulating juices and bulk, which aid in good digestion and intestinal activity. In addition, they contain valuable minerals and vitamins, though the vitamin content varies with the variety of apple, storage conditions and the way the fruit is served.

Because of their natural crispness, raw apples help stimulate the gums and clean the teeth.

VARIETIES OF CANADIAN

<i>Variety</i>	<i>Description</i>	<i>Use</i>	<i>Availability*</i>
CORTLAND	large, flat globular; bright red striped	all purpose	Oct. to Feb.
CRIMSON BEAUTY	medium, roundish; deep red striped	cooking	Aug., Sept.
DELICIOUS	elongated, narrowing to 5-point base; bright red striped	dessert	Nov. to Feb.
DUCHESS	medium or small, globular; yellow-green with red stripes	cooking	Aug., Sept.
FAMEUSE (SNOW)	medium, globular; bright solid red	dessert	Oct. to Dec.
GOLDEN DELICIOUS	same shape as Delicious; bright gold color	all purpose	Nov. to Mar.
GOLDEN RUSSET	medium or small, globular; golden brown, with roughened skin due to russetting	dessert	Dec. to Mar.
GRAVENSTEIN	medium, globular; red striped on yellow	all purpose	Sept. to Nov.
GREENING	large, lopsided globular; bright green, turning yellow	cooking	Nov. to Feb.
JONATHAN	small to medium; deep red with greenish-yellow patches	all purpose	Oct. to Jan.
LOBO	large, lopsided globular; deep red with white pin dots	dessert	Sept. to Nov.

APPLES

Variety	Description	Use	Availability*
MELBA	medium, lopsided globular; red streaked with yellow	all purpose	Aug., Sept.
McINTOSH	medium, lopsided globular; deep red with yellow splashes on one side	all purpose	Oct. to April or May
NEWTON	medium, lopsided globular; green tinged with yellow on one side	all purpose	Jan. to May
NORTHERN SPY	large; bright red striped	all purpose	Dec. to Mar.
RED DELICIOUS	same shape as Delicious; but brighter red striped	dessert	Nov. to Mar.
ROME BEAUTY	large, round; red striped with pin dots	all purpose	Dec. to Mar.
SPARTAN	medium to large, globular; solid red with white pin dots	all purpose	Oct. to May
WEALTHY	medium, bright red striped, yellow splashes on one side	all purpose	Sept. to Dec.
WINESAP	medium, globular; bright red with yellow splashes and white pin dots	all purpose	Dec. to May
YELLOW TRANSPARENT	small to medium, round; greenish yellow	all purpose	August

*Controlled atmosphere storage has made it possible to extend the storage of some varieties beyond the times specified.

PROCESSED APPLE PRODUCTS

APPLE JUICE is the natural juice of the fruit. Vitaminized apple juice contains a required amount of Vitamin C added during canning. Apple juice is graded for quality as Canada Fancy and Canada Choice. It is sold in 5½, 10, 14, 19, 28, 48 and 100 fluid-ounce cans. Frozen apple juice concentrate is sold in 6 fluid-ounce cans.

APPLESAUCE is canned in 10, 14, 19, 28 and 100 fluid-ounce cans. It is graded for quality as Canada Fancy and Canada Choice.

APPLES – Solid Pack – are peeled, cored apples cut in segments and canned without sugar or water. They are graded for quality as Canada Fancy, Canada Choice and Canada Standard and sold in 14, 19, 28 and 100 fluid-ounce cans.

APPLE PIE FILLER, made within a specified range of ingredients, including thickener and sweetener, is sold in 10, 14, 19, 28 and 100 fluid-ounce cans.

DRIED APPLES are rings or segments of peeled, cored apples from which most of the moisture has been removed. They are graded for quality as Canada Fancy, Canada Choice and Canada Standard and are sold by weight.

FROZEN SLICED APPLES are made from peeled, cored, sliced apples and are unsweetened. They are graded for quality as Canada Fancy and Canada Choice and are sold in packages of 11 and 20 ounces, net weight, and 2 pounds or over.

FOR BREAKFAST



APPLE BREAD

$\frac{1}{4}$ cup butter
 $\frac{2}{3}$ cup sugar
2 eggs
2 cups sifted all-purpose flour
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon cinnamon
1 teaspoon salt
 $1\frac{1}{2}$ cups grated apples
 $\frac{1}{2}$ cup raisins

Cream butter and sugar. Beat in eggs one at a time. Sift dry ingredients and add alternately with apples to creamed mixture. Stir in raisins. Turn into greased loaf pan (9×5 inches) and bake at 350°F until a skewer inserted in center comes out clean (about 1 hour).

APPLE BUTTER

5 pounds apples
2 cups apple juice
Sugar (see method)
1 teaspoon cinnamon
 $\frac{1}{4}$ teaspoon allspice
 $\frac{1}{4}$ teaspoon cloves
 $\frac{1}{4}$ teaspoon nutmeg
Red food coloring (optional)

Wash apples, cut in quarters; core and slice. Add apple juice and cook uncovered until apples are soft. Press mixture through sieve and measure pulp. To each cup of apple pulp add $\frac{1}{2}$ cup sugar (or $\frac{1}{3}$ cup if very sweet apples are used). Add spices and cook uncovered until thick (20 to 30 minutes) stirring constantly. Ladle into hot sterilized jars and seal with melted paraffin wax. Makes about 8 jelly glasses (6 ounces each).

 Thickening time of butter depends on variety of apples used. Very juicy apples may take longer than 30 minutes to thicken.

APPLE COFFEE CAKE

$1\frac{1}{2}$ cups sifted all-purpose flour
 $\frac{1}{2}$ teaspoon salt
 $2\frac{1}{4}$ teaspoons baking powder
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ cup sugar
1 beaten egg
 $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ cup butter, melted
 $1\frac{1}{2}$ cups chopped peeled apples

Sift dry ingredients. Combine egg, milk, melted butter and apples. Add to dry ingredients and stir only enough to moisten. Turn into greased 8-inch square cake pan.

Topping

$\frac{1}{4}$ cup brown sugar, firmly packed
2 tablespoons flour
 $\frac{1}{2}$ teaspoon cinnamon
2 tablespoons butter

Mix dry ingredients, cut in butter and sprinkle over batter. Bake at 400°F until a skewer inserted in center comes out clean (about 30 minutes).

APPLE BRAN MUFFINS

1 cup sifted all-purpose flour
 $\frac{1}{4}$ cup sugar
1 tablespoon baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon
1 cup cooking bran
1 cup diced peeled apple
1 beaten egg
 $\frac{2}{3}$ cup milk
3 tablespoons butter, melted

Sift first 5 ingredients; add bran and apple and mix well. Combine egg, milk and butter; stir quickly into flour mixture until mixed but still lumpy. Fill greased muffin tins two thirds full. Bake 20 to 25 minutes at 400°F . Makes 12 medium muffins.

 If desired, sprinkle muffins with a mixture of 1 tablespoon sugar and $\frac{1}{8}$ teaspoon cinnamon before baking.

APPLE MARMALADE

1 orange
1 lemon
2 cups water
5 cups sugar
8 cups thinly sliced, peeled
tart apples (about 3 pounds)

Cut orange and lemon in quarters. Remove peel and slice it very thinly. Simmer peel covered in $\frac{3}{4}$ cup of the water until tender (about 15 minutes). Drain. Combine remaining 1 $\frac{1}{4}$ cups water with sugar and heat slowly until sugar is dissolved. Slice lemon and orange pulp. Add pulp and apples to syrup and boil rapidly, stirring constantly until thickened (about 20 minutes or to 220°F). Add cooked peel, bring to boil and remove from heat. Skim, ladle into hot sterilized jars and seal immediately with melted paraffin wax. Makes about 4 $\frac{1}{2}$ pints.

 Firm-fleshed apples, such as Northern Spy, Lobo, Wolf River, Greening and other cooking varieties are best because the slices retain their shape throughout cooking.

APPLE PANCAKES

2 cups sifted all-purpose flour
1 teaspoon salt
3 teaspoons baking powder
 $\frac{1}{8}$ teaspoon cinnamon
1 cup finely chopped, unpeeled apple
2 beaten eggs
2 cups milk
1 tablespoon butter, melted

Mix dry ingredients and stir in apple. Combine eggs, milk and butter. Add to dry ingredients and stir quickly until mixed but still lumpy. Pour small amounts of batter (2 to 3 tablespoons) onto lightly greased hot griddle and cook until bubbles form on surface (about 3 minutes). Turn and brown other side (about 3 minutes). Serve with hot Apple Cinnamon Sauce. Makes about 18 pancakes.

1 medium apple yields about 1 cup diced or sliced

1 large apple yields about 1 cup shredded

1 apple yields 4 or 5 apple rings

*Include apples in your breakfast menu.
Serve apple juice; apple slices on cereal; baked apples with cream; or applesauce with toast.*

APPLE CINNAMON SAUCE

1 cup brown sugar
 $\frac{3}{4}$ cup apple juice
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{4}$ cup butter
1 cup finely chopped apple

Combine brown sugar, apple juice and cinnamon and boil to a heavy syrup (about 5 minutes). Stir in butter and apple. Makes about 1 $\frac{1}{2}$ cups.

IN THE MAIN COURSE



CHICKEN AND APPLE SCALLOP

2 cups diced cooked chicken
1 teaspoon prepared mustard
1½ cups sliced apples
2 teaspoons lemon juice
3 tablespoons butter
3 tablespoons flour
¾ teaspoon salt
⅛ teaspoon pepper
1 cup milk
½ cup light cream
¾ cup grated cheddar cheese
1 cup sliced mushrooms
2 tablespoons butter
2 tablespoons buttered bread crumbs
Mix chicken with mustard and place in greased 6-cup casserole; cover with

sliced apples and sprinkle with lemon juice. Melt 3 tablespoons butter and stir in flour and seasonings; gradually add combined milk and cream. Cook until thickened (about 5 minutes), stirring constantly. Add cheese and stir until melted. Sauté mushrooms in remaining 2 tablespoons butter 2 to 3 minutes; add to sauce. Pour sauce over apples, sprinkle with buttered crumbs and bake at 350°F until lightly browned (about 30 minutes). 6 servings.

 If desired, substitute one 10-ounce can condensed cream of mushroom soup, combined with $\frac{1}{3}$ cup light cream, for the cream sauce and sautéed mushrooms.

BAKED PORK CHOPS WITH APPLES

6 pork chops ($\frac{3}{4}$ inch thick)

$\frac{1}{4}$ cup flour

$\frac{1}{2}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

$\frac{1}{2}$ teaspoon paprika

3 tablespoons brown sugar

$\frac{1}{2}$ teaspoon allspice

1 $\frac{1}{4}$ cups apple juice

6 slices cored, unpeeled apples

Snip fat edge of chops. Mix flour, salt, pepper and paprika; dip chops in mixture and brown 3 to 4 minutes each side (save remaining flour for thickening sauce). Arrange chops in baking pan; sprinkle with brown sugar and allspice. Add $\frac{3}{4}$ cup of the apple juice and bake 20 minutes at 325°F. Turn chops, top each with an apple slice and continue baking until tender (about 20 minutes). Arrange on serving dish and keep warm. Combine remaining seasoned flour with $\frac{1}{2}$ cup apple juice. Add liquid from pan, bring to boil and cook until thickened, stirring constantly. Pour sauce over chops. 6 servings.

COTTAGE ROLL WITH GLAZED APPLES

3 pounds cottage roll

3 cups hot water

1 bay leaf

6 whole cloves

1 clove garlic, crushed

3 cored, unpeeled apples

$\frac{1}{2}$ cup red currant jelly

2 tablespoons horseradish

Place cottage roll in hot water and add spices and garlic. Cover and simmer gently until tender (about 1½ hours), turning once during cooking. Remove casing and place meat in greased baking dish. Cut apples in thick rings and arrange around meat. Mix jelly with horseradish and spread over meat and apples. Bake at 425°F until apples are tender and meat is glazed (about 15 minutes). Baste once or twice during cooking. 6 servings.

SCALLOPED TURNIP AND APPLES

4 cups cooked, sliced turnip

2 cups sliced apples

$\frac{1}{4}$ cup brown sugar

1 teaspoon salt

$\frac{1}{4}$ cup butter

$\frac{1}{4}$ cup buttered bread crumbs

Arrange 2 cups turnip in bottom of greased 6-cup casserole. Cover with 1 cup apples; sprinkle with half the sugar and salt, and dot with half the butter. Repeat layers. Cover and bake at 350°F, until apples are almost tender (20 to 30 minutes). Uncover, sprinkle with buttered bread crumbs and continue baking until apples are tender and crumbs lightly browned (about 10 minutes). 6 servings.

APPLE PORK CHOP SUEY

1½ pounds lean, boneless pork

$\frac{1}{4}$ cup cooking oil

1 cup sliced onion

1 cup boiling water

1 beef bouillon cube

2 cups diagonally sliced celery

2 cups sliced mushrooms (½ pound)

1 cup green pepper strips

1½ cups diced, peeled apples

2 tablespoons cornstarch

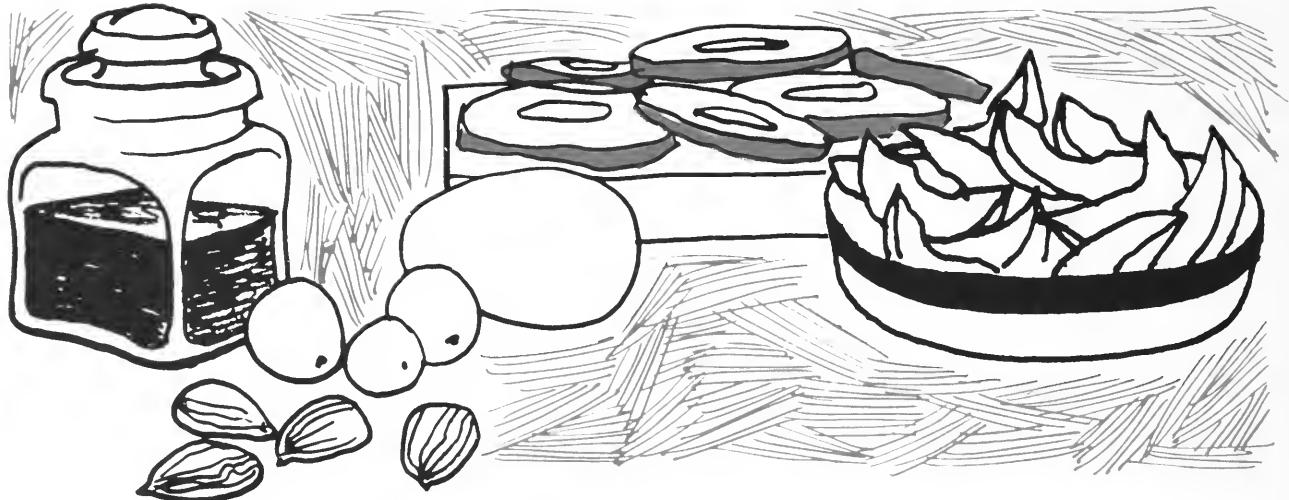
2 tablespoons soy sauce

$\frac{1}{2}$ cup cold water

1 19-ounce can bean sprouts, drained

Cut pork in julienne strips and brown in hot oil (about 10 minutes). Add onions and sauté 5 minutes. Add boiling water and bouillon cube and stir until dissolved. Cover and simmer until pork is tender (20 to 25 minutes). Add celery, mushrooms, green pepper and apples; cover and cook 5 minutes. Combine cornstarch with soy sauce and cold water; add to pan and stir until thickened and clear (about 5 minutes). Add bean sprouts and heat thoroughly. 6 servings.

ACCOMPANIMENTS



APPLE STUFFING FOR POULTRY

14 cups soft, stale bread crumbs
(two 24-ounce loaves)
2 teaspoons salt
 $\frac{3}{4}$ teaspoon pepper
2 teaspoons savory
2 teaspoons thyme
1 cup chopped celery
1 cup melted butter
1 cup chopped apple
2 beaten eggs

Combine bread crumbs and seasonings. Sauté chopped celery in butter and add to crumbs with apple and eggs. Mix lightly but thoroughly. Makes about 12 cups stuffing, enough for a 16- to 20-pound turkey.

Buy apples often, particularly in the fall months when they are in plentiful supply and at the peak of good quality.

QUICK APPLE-CRANBERRY RELISH

2 cups sliced peeled apples
2 cups whole cranberries
 $\frac{1}{4}$ cup blanched almonds
1 teaspoon grated orange rind
1 tablespoon orange juice
 $\frac{1}{2}$ cup sugar

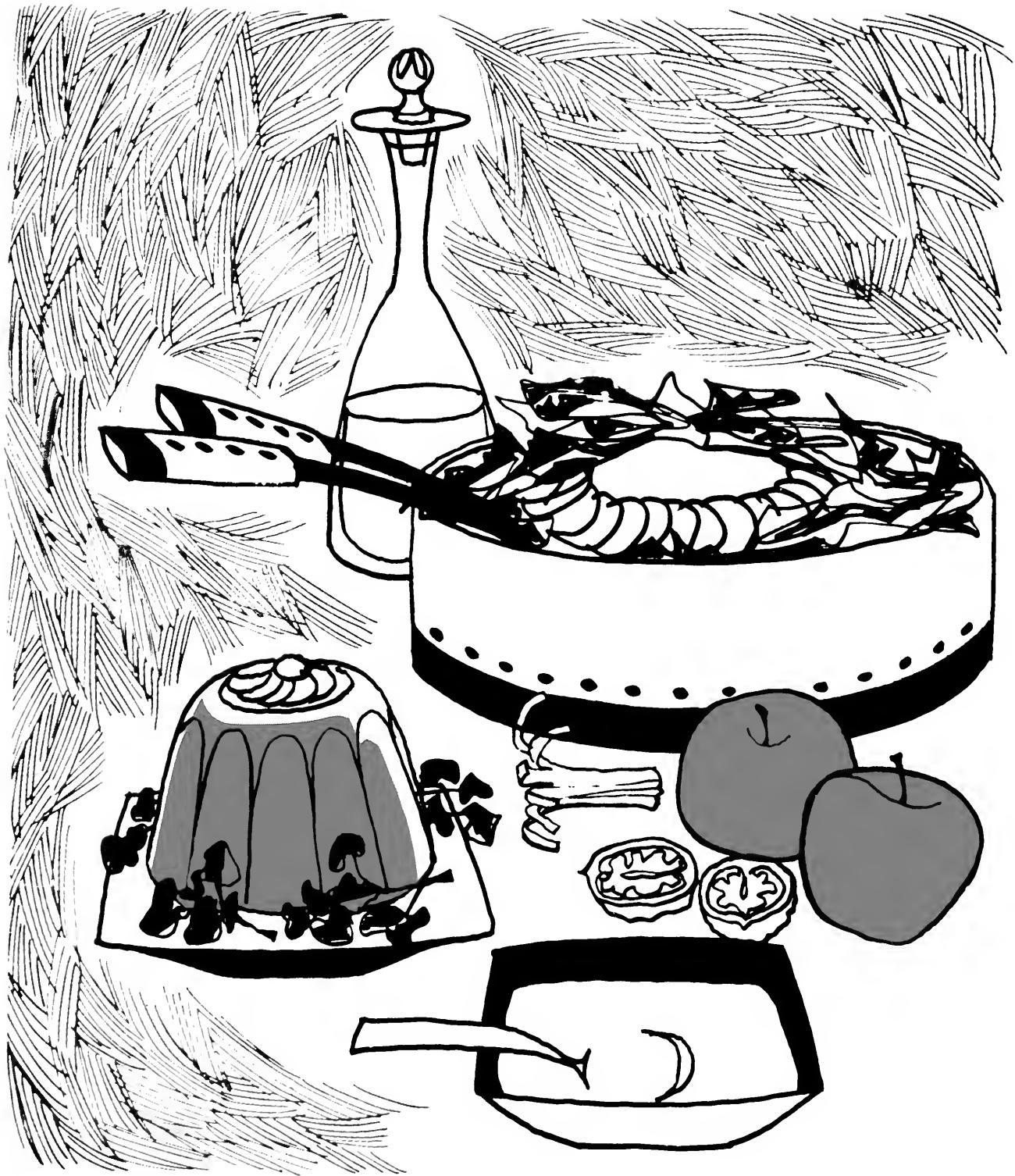
Put first three ingredients through food chopper. Combine with remaining ingredients and chill. Makes about 3 cups.

SAUTÉED APPLE RINGS

2 tablespoons butter
1 tablespoon brown sugar
 $\frac{1}{8}$ teaspoon cinnamon
3 medium apples (cored and cut in rings)

Combine butter, sugar and cinnamon. Heat until mixture begins to bubble. Add apples and sauté over medium heat until tender (3 to 4 minutes each side). Serve with ham, bacon or sausages. Makes 12 apple rings.

SALADS



APPLE, CELERY AND BEET SALAD

2 cups sliced unpeeled apples
2 cups thinly sliced celery
 $\frac{1}{4}$ cup cooked salad dressing
Salt
Pepper
2 cups sliced cooked or canned beets
2 tablespoons French dressing
Lettuce

Mix apples, celery and salad dressing with salt and pepper. Chill. Sprinkle beets with French dressing and chill. Arrange apple mixture on lettuce and garnish with sliced beets. 6 servings.

WINTER APPLE SALAD

3 cups shredded cabbage
1 cup thinly sliced celery
 $\frac{1}{2}$ cup shredded carrot
3 cups diced, unpeeled apples
Salt and pepper
2 tablespoons clear French dressing

Combine first three ingredients and chill. Just before serving, add apples, sprinkle with salt and pepper and toss with French dressing. 6 servings.

APPLE JUICE DRESSING

$\frac{2}{3}$ cup apple juice
1 tablespoon cornstarch
2 to 3 tablespoons honey
Few grains salt
2 egg yolks
1 tablespoon lemon juice
 $\frac{1}{2}$ cup whipping cream, whipped

Combine apple juice, cornstarch, honey and salt. Cook over hot water, until mixture thickens (5 to 6 minutes), stirring constantly. Stir a little hot mixture into beaten egg yolks, then add to remaining mixture. Cook 2 to 3 minutes, stirring constantly. Add lemon juice, chill thoroughly and fold in whipped cream. Serve with fruit salads. Makes about $1\frac{2}{3}$ cups.

APPLE, CUCUMBER AND SOUR CREAM SALAD

1 cup thinly sliced apple
1 medium cucumber (peeled and thinly sliced)
1 teaspoon lemon juice
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
2 tablespoons finely chopped onion
1 cup commercial sour cream
Combine apple and cucumber; sprinkle with lemon juice, salt and pepper. Add onion and sour cream; toss lightly. Chill. 6 servings.

JELLIED APPLE SALAD

1 envelope gelatin (1 tablespoon)
2 cups apple juice
 $\frac{1}{4}$ teaspoon salt
2 teaspoons sugar
1 tablespoon cider vinegar
 $1\frac{1}{2}$ cups finely diced, unpeeled red apples
 $\frac{3}{4}$ cup finely diced celery
 $\frac{1}{4}$ cup slivered, blanched almonds (optional)

Soak gelatin in $\frac{1}{4}$ cup apple juice for 5 minutes. Combine remaining apple juice with salt, sugar and vinegar and heat to boiling point. Add soaked gelatin and stir until dissolved. Chill. When mixture begins to set, fold in apples, celery and almonds. Pour into 4-cup mold or individual molds. Chill until firm (about 3 hours). Unmold and serve with salad dressing. 6 to 8 servings.

WALDORF SALAD

3 cups diced, unpeeled red apples
2 cups diced celery
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{2}$ cup walnut pieces
 $\frac{1}{2}$ cup raisins or chopped dates (optional)
 $\frac{1}{2}$ cup salad dressing or mayonnaise

Toss apples with $\frac{1}{4}$ cup of the salad dressing to prevent browning. Add celery and chill. Sprinkle with salt and add walnuts, raisins or dates. Add remaining dressing and toss lightly. 6 servings.

DESSERTS



APPLESAUCE SHERBET

2½ cups (19-ounce can) unsweetened applesauce
¼ cup liquid honey
Dash salt
⅓ cup sugar
2 egg whites

Combine applesauce, honey, salt and half the sugar. Beat egg whites until soft peaks form; gradually beat in remaining sugar and fold into applesauce mixture. Pour into refrigerator tray and freeze until firm (about 3 hours). 6 servings.

APPLES IN HONEY

6 cups sliced peeled apples
1 tablespoon lemon juice
½ cup liquid honey
2 tablespoons butter
½ teaspoon cinnamon
1 tablespoon sugar

Arrange apples in buttered baking dish. Combine lemon juice and honey, pour over apples and dot with butter. Mix cinnamon and sugar and sprinkle over apples. Cover and bake at 350°F until apples are tender (about 45 minutes), basting occasionally. 6 servings.

CHOCOLATE APPLE UPSIDE-DOWN CAKE

Base

1/4 cup butter
3/4 cup brown sugar
1 tablespoon lemon juice
2 cups thickly sliced apples

Melt butter in 9-inch square pan. Stir in brown sugar and lemon juice. Arrange apples on top.

Batter

1 1/2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
1/4 cup cocoa
1/3 cup butter
1 beaten egg
3/4 cup milk
1 teaspoon vanilla

Sift dry ingredients. Cut in butter until mixture resembles coarse bread crumbs. Combine egg, milk and vanilla; add to flour mixture and stir until just combined. Spread batter over apples. Bake 35 to 40 minutes at 350°F. Cool 5 minutes and turn onto serving plate. Serve warm with whipped cream. 6 servings.

APPLE DUMPLINGS

Pastry for 2-crust, 9-inch pie
6 medium apples, peeled and cored
1/2 cup brown sugar
1/8 teaspoon cinnamon
1/8 teaspoon salt

Roll out dough in a rectangle 1/8-inch thick and cut in 6 squares. Set an apple on each square and fill cavity with mixture of brown sugar, cinnamon and salt. Draw up the four corners of pastry and seal edges well. Bake at 425°F until pastry is lightly browned and apples are tender (25 to 40 minutes, depending on variety and size of apples). Serve with cream or brown sugar sauce. 6 dumplings.

APPLE CRISP

6 cups sliced apples
1 tablespoon lemon juice
1/3 cup sifted all-purpose flour
2/3 cup rolled oats
1 cup brown sugar
1/3 cup butter

Arrange apples in greased baking dish and sprinkle with lemon juice. Mix flour, oats and sugar. Cut in butter until mixture resembles coarse bread crumbs. Sprinkle over apples. Bake at 375°F until apples are tender and topping is lightly browned (35 to 40 minutes). 6 servings.

APPLE GINGERBREAD PUDDING

Base

1/2 cup sugar
1/8 teaspoon salt
1/4 cup boiling water
2 tablespoons butter
3 cups sliced peeled apples

Combine first four ingredients. Stir until sugar dissolves. Arrange apples in buttered 8-inch square baking dish and pour syrup over them. Cool.

Batter

1/4 cup butter
1/4 cup sugar
1 beaten egg
1/2 cup molasses
1 1/4 cups sifted all-purpose flour
3/4 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon cinnamon
3/4 teaspoon ginger
1/8 teaspoon cloves
1/3 cup hot water

Cream butter and sugar. Beat in egg and molasses. Add sifted dry ingredients and hot water alternately, a third at a time; beat until smooth after each addition. Pour over apples. Bake 30 to 35 minutes at 350°F. Serve warm with cream or ice cream. 6 servings.

BAKED APPLES

6 cooking apples
2 tablespoons butter
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{8}$ teaspoon cinnamon
 $\frac{1}{8}$ teaspoon salt
6 tablespoons water

Wash and core apples. Make a cut about half an inch deep around each apple near the top, to prevent skin splitting during baking; place apples in baking pan. Cream butter, sugar, cinnamon and salt, and fill centers of apples. Add water to pan. Bake uncovered at 375°F, until tender (25 to 50 minutes — McIntosh and similar varieties bake in 25 to 30 minutes; Northern Spy and other firm varieties may take up to 50 minutes). 6 servings.

 Try one of the following fillings instead of, or in combination with, sugar mixture: add raisins, currants, candied ginger, cut peel or chopped nuts to sugar mixture; use mincemeat, cranberry sauce or jam in place of sugar mixture; top each apple with a marshmallow or a spoonful of meringue, 10 minutes before baking is completed.

APPLESAUCE

6 medium apples
 $\frac{1}{4}$ cup water
 $\frac{1}{4}$ cup sugar
Dash cinnamon (optional)

Peel, core and slice apples. Add water; cover and simmer until apples are tender (15 to 20 minutes), stirring occasionally. Mash or sieve. Add sugar and cinnamon. Bring to boil. Serve hot or cold. Makes about 3 cups.

Applesauce may also be made without peeling or coring the apples. Simply wash the apples and remove bruises and the flower end. Cut in quarters, cook and sieve before adding sugar and cinnamon. Makes about 3 cups.

 For dessert, serve with one of the following: cream, sour cream, maple syrup, chopped nuts, chopped dates, soft meringue or cranberry sauce.

Apples don't bounce! Handle them carefully to avoid unnecessary bruising and costly waste.

APPLE SPICE BARS

$\frac{1}{2}$ cup butter
 $1\frac{1}{4}$ cups sugar
2 eggs
1 teaspoon vanilla
2 cups sifted all-purpose flour
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $1\frac{1}{2}$ teaspoons salt
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
2 tablespoons cocoa
 $\frac{2}{3}$ cup milk
2 cups shredded apples

Cream butter and sugar and beat in eggs and vanilla. Sift dry ingredients and add to creamed mixture alternately with the milk. Stir in shredded apples. Spread in two buttered 9-inch square pans and bake at 350°F until lightly browned (about 30 minutes). Cool and cut in bars. Makes about 4 dozen bars.

APPLE BUTTERSCOTCH SAUCE

$\frac{3}{4}$ cup brown sugar
3 tablespoons cornstarch
 $\frac{1}{8}$ teaspoon salt
2 cups apple juice
 $\frac{1}{4}$ cup butter

Mix sugar, cornstarch and salt. Gradually blend in apple juice. Cook until thickened and clear (about 10 minutes), stirring constantly. Add butter and stir until melted. Serve warm with baked or steamed puddings, and warm or cold with ice cream. Makes about 2 cups.

PIES



Buy apples to suit the use. Dessert, cooking and all-purpose apples are available.

APPLE PIE

Pastry for 2-crust, 9-inch pie

6 cups sliced apples

1/2 cup sugar

1/4 teaspoon cinnamon (optional)

1 tablespoon butter

Line pie plate with half the pastry. Mix apples, sugar and cinnamon. Turn into pie shell, dot with butter and cover with remaining half of pastry. Seal edges and cut steam vents. Bake 10 minutes at 450°F. Reduce temperature to 350°F and continue baking until pastry is browned and apples are tender (30 to 40 minutes). 6 servings.

 Increase sugar to 3/4 cup with very tart apples; sprinkle 1 tablespoon lemon juice over very sweet apples.

 Substitute cranberries, raisins, currants or mincemeat for part of the apples.

 Use cheese crust for a change; add 1/2 cup grated cheddar cheese to dry pastry mixture.

OPEN-FACED APPLE PIE

Pastry for 1-crust, 9-inch pie

5 cups sliced apples

3 tablespoons butter, melted

2/3 cup sugar

1 tablespoon cornstarch

1/2 teaspoon cinnamon

1 cup grated cheddar cheese

Line pie plate with pastry. Pour melted butter over apples and stir to coat slices. Mix sugar, cornstarch and cinnamon. Sprinkle 2 tablespoons of this mixture over bottom of pie shell; add remainder to apples and turn into pie shell. Bake at 450°F until apples are tender (about 25 minutes). Remove from oven and sprinkle with cheese. Return to oven until cheese melts (2 or 3 minutes). 6 servings.

DUTCH APPLE PIE

Pastry for 1-crust, 9-inch pie

3 tablespoons butter, melted

5 cups sliced apples

1/2 cup sugar

1 tablespoon cornstarch

1/4 teaspoon cinnamon

Line pie plate with pastry. Pour melted butter over apples and stir to coat slices. Mix sugar, cornstarch and cinnamon. Sprinkle 2 tablespoons of this mixture over bottom of pie shell; add remainder to apples and turn into pie shell.

Topping

1/2 cup sifted all-purpose flour

1/4 cup brown sugar

1/4 teaspoon cinnamon

1/4 cup butter

Mix flour, brown sugar and cinnamon. Cut in butter until it resembles coarse bread crumbs; sprinkle over apples. Bake at 450°F for 10 minutes; reduce temperature to 350°F and continue baking until apples are tender (30 to 40 minutes). 6 servings.

DEEP DISH APPLE PIE

6 cups sliced apples

2/3 cup sugar

2 tablespoons cornstarch

1/8 teaspoon salt

1/4 teaspoon cinnamon

1 tablespoon butter

Pastry for 1-crust, 9-inch pie

Combine dry ingredients with apples. Turn into deep 9-inch pie dish or a 10 × 8 × 2-inch baking dish. Dot with butter. Cover with pastry, seal edges and cut steam vents. Bake at 425°F until apples are tender (25 to 30 minutes). 6 servings.

TREATS



APPLE-PEANUT-BUTTER SNACKS

Spread generous amounts of peanut butter on unpeeled apple wedges for a between-meal snack.

CANDY APPLES

Wash and remove stems from nine medium, red apples. Insert skewers into stem end. Combine 3 cups sugar, $\frac{1}{4}$ teaspoon cream of tartar, $\frac{1}{4}$ teaspoon salt, 1 cup water and a few drops of red food coloring. Heat and stir until sugar dissolves; then, without further stirring, cook to medium crack stage (290°F), or until syrup forms a brittle thread in cold water. Remove from heat and keep warm. Dip apples in syrup and place on wax paper to harden.

Apples are a 'low-calorie treat.' A medium apple contains only about 70 calories.

APPLESAUCE CINNAMON SANDWICH

Sprinkle one slice of buttered bread with 1 tablespoon brown sugar and $\frac{1}{4}$ teaspoon cinnamon. Cover with second slice of bread and toast in waffle iron using the same temperature as for waffles; remove when golden brown. Spread with 2 tablespoons applesauce and serve hot.

SPICED APPLE JUICE

2 48-ounce cans apple juice
15 whole cloves
4 sticks cinnamon
 $\frac{1}{4}$ teaspoon nutmeg
2 to 3 tablespoons sugar
2 lemons, thinly sliced

Combine all ingredients and bring to boil; reduce heat, cover and simmer 15 minutes. Strain. Serve hot or chilled. Decorate with apple slices studded with cloves. Makes about 12 cups.

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METRIC EQUIVALENTS FOR COMMON CANADIAN HOUSEHOLD MEASURES

VOLUME

1 quart (40 fluid ounces)	1137 millilitres	1.14 litre
1 pint (20 fluid ounces)	568 millilitres	
1 cup (8 U.S. fluid ounces)*	237 millilitres	
1 tablespoon	15 millilitres	
1 teaspoon	5 millilitres	
1 fluid ounce	28.4 millilitres	

WEIGHT

1 pound	454 grams
1 ounce	28.3 grams

LENGTH

12 inches	30.5 centimetres
1 inch	2.54 centimetres

TEMPERATURE

°F	°C
450	232
425	218
400	204
375	191
350	177
325	163
300	149
212	100

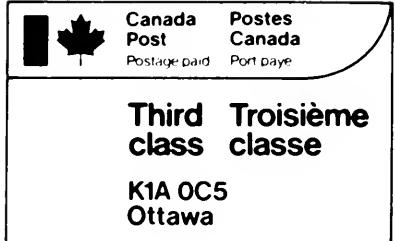
*Most measuring cups are in U.S. fluid ounces

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IF UNDELIVERED, RETURN TO SENDER

EN CAS DE NON-LIVRAISON, RETOURNER À L'EXPÉDITEUR